

> 08 Special deliveries



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> 24 Goodbye Miss



# thenewhammag

issue 331 // 18 December 2015 – 14 January 2016 // Every fortnight



**Have a Merry  
Christmas**

And a happy New Year  
from Newham Council

# You can **RECYCLE** all of these items from around your **HOME**

## Yes please

- ✓ Paper
- ✓ Plastic bottles
- ✓ Cardboard
- ✓ Food tins
- ✓ Drink cans

## No thanks

- ✗ Plastic packaging and polystyrene
- ✗ Soiled and dirty items
- ✗ Food waste
- ✗ Needles
- ✗ Dirty nappies



**Your recycling is really making a difference – thanks!**

If you want to find out what happens to your recycling visit [www.recycleforlondon.com](http://www.recycleforlondon.com)

If you are unsure about any items or want to check a collection day visit [www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)

# the newham mag



In the final edition for 2015 we share news of Christmas cheer that has been spreading across the borough. We've handed 3,000 hampers full of treats to our older residents to make their festive season a bit more special. (p8).

See how you helped us switch on the Christmas lights around the borough (p12) and get some tips on what you should be recycling over the Christmas and New Year period. (p11).

You can read some poignant Christmas messages that were sent home by our troops in the trenches 100 years ago (p14) and discover some actions we can take to stay healthy this Winter (p17).

While most services close during the Christmas break, our website is open all hours for you to visit online from home (p18). Fantastic teacher Claire Kirby says a final farewell to her pupils at the end of term (p24). Have a wonderful Christmas and all the best for 2016.

**Councillor Quintin Peppiatt**  
Cabinet member for children and young people

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Look out for the next issue from **15 January 2016**  
View the mag online at [www.newham.gov.uk/mag](http://www.newham.gov.uk/mag)

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**Love Newham?** Download the free Love Newham app and report a range of environmental issues. Visit [www.newham.gov.uk/lovenewham](http://www.newham.gov.uk/lovenewham)

**Newham London**

# IN BRIEF //

## Bridge of sighs

Mayor Sir Robin Wales has welcomed recognition that a bridge or tunnel at Gallions Reach in Beckton should be a key way of crossing the River Thames in future, but not how long it may take to build.

Transport for London have launched a public consultation on the potential usage of a new crossing between Beckton and Thamesmead. It might not be ready until 2025 if agreed.

Sir Robin said: "It is disappointing that we could have to wait another decade before any crossing is finished. It is much needed by our residents and businesses."

The TfL consultation runs until 12 February and can be found at [www.tfl.gov.uk](http://www.tfl.gov.uk)

## School top of the class

Results from the Department for Education for 2014/15 show that Curwen Primary School in Plaistow is offering children an outstanding education.

Out of 21,000 schools nationwide Curwen is rated 17th for the progress children make during their time at school. In the subject of Maths it is overall third in the country and top when compared to similar schools.

Head teacher Paul Harris said: "We are delighted and want to continue to maintain the standard which has been achieved by fantastic teamwork and pays testament to all the hard work put in by staff, parents and pupils."

## Mental health support

East London Foundation Trust are offering support to residents with concerns about their mental health through their free Newham Talking Therapies confidential service.

If you feel your mental health is deteriorating and you need to contact a health professional visit [www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk) or call 020 8536 2161. For urgent out of hours support call 020 8709 5555 or drop into the Department of Psychological Medicine at Newham University Hospital in Plaistow.

## Chess is the right move

Newham youngsters were invited to take part in a junior tournament at the Kensington Olympia Conference Centre as part of the London Chess Classic, which attracts top players from around the world.

The event also included the third London Chess and Education Conference where delegates from 30 countries heard how Newham Council, working with charity Chess in Schools and Communities, is using the game in schools and libraries to improve children's confidence and hone the skills needed to support Maths and broader social skills. In recognition of the council's commitment, Cllr Clark was invited to make the ceremonial first move for world champion Magnus Carlsen in front of a global online audience.

Cllr Clark said: "Chess is a fun activity that can be played and enjoyed by all children. We want to use it to help develop their focus and discipline which they can then translate into their school work."



## Vigil against violence

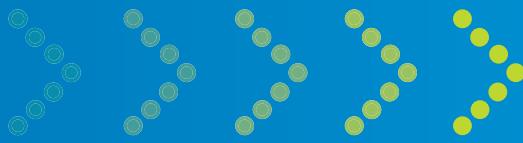
Around 100 people attended a candlelight vigil in East Ham held in solidarity with women who have been victims of domestic violence.

People affected by domestic violence, agencies that support victims, Newham councillors and residents took part in the vigil at Newham Town Hall to coincide with Human Rights Day and the end of the United Nation's 16 Days of Action campaign which aimed to raise awareness of violence against women.

Councillor Lakmini Shah, mayoral adviser for domestic and family violence, said: "The vigil sent a clear message that violence and abuse against women is totally unacceptable. With the festive season upon us it is even more pertinent as this is a time domestic violence often takes place."

Anyone wanting information on services available to victims of domestic or sexual violence can visit [www.newham.gov.uk/dsv](http://www.newham.gov.uk/dsv) or contact 0845 451 2547.





# News

## New jobs in store

Mayor Sir Robin Wales cut the ribbon to officially open a new Lidl supermarket in Stratford Shopping Centre.

The Mayor was given a tour of the store that has so far created 46 jobs and is now recruiting a further 20 positions through Newham Council's employment service Workplace.

It is the third Lidl supermarket in the borough, joining East Ham and Beckton. Sir Robin said: "It is great to see a new shop opening in the Stratford Centre and we are looking forward to providing our residents with the opportunity through Workplace to work at the store. I know many residents will be excited to see what is on offer as customers or potential employees."

Axel Bret, acquisitions manager for Lidl, said: "It is wonderful for us to be able to create more jobs and invest in Stratford."

Visit [www.newhamworkplace.co.uk](http://www.newhamworkplace.co.uk) for details.



## Safety warning over hoverboards

Newham Council's trading standards team have removed 26 potentially dangerous hoverboards from sale in shops.

The self-balancing scooters were seized from stores and storage depots in East Ham and Stratford after warnings from fire brigades that the gadgets may spark fires while being charged.

The boards are normally priced between £400 and £600 but cheaper versions can be found for £100 or less. Often the cheaper ones have plugs that are ill-fitting, do not have fuses or have substandard batteries.

Councillor Unmesh Desai, Cabinet member for crime and anti-social behaviour, said: "These hoverboards may be one of the most wanted Christmas presents this year, but nobody wants to be electrocuted or have their home damaged by a cheap imitation." If you have any concerns about products you are buying contact Newham Council's trading standards team on **020 3373 0802**.



## >>> Poll victory for Veronica

Labour Party candidate Veronica Oakeshott was elected as a Newham councillor for Boleyn Ward in a by-election on 3 December.

Veronica secured the majority of votes out of the six candidates who stood in the election, which was called following the death of Labour councillor Charity Fibresima in October. Charity, 63, was first elected in Plaistow South Ward in 2010 and then Boleyn Ward in 2014.

The total number of votes cast was 2,005 and the turnout was 20.88 per cent. Councillor Oakeshott said: "Thank

you to the residents of Boleyn Ward for electing me. I will endeavour to serve the community well."

The full result was: Emmanuel Finndoro-Obasi, Conservative, 171; David Mears, UK Independence Party, 78; Sheree Venessa Miller, Liberal Democrats, 181; Veronica Oakeshott, Labour Party, 1,440; Diane Ofori, Independent, 10; and Frankie-Rose Taylor, Green Party, 117.



# Merry Christmas everyone

On behalf of everyone at Newham Council, I wish you a happy, healthy and safe Christmas and a prosperous New Year.

Christmas is all about young people and with still a few days until Santa arrives I encourage you to get behind an appeal for toys that will see youngsters most in need not missing out.

**"We will ensure all residents have the same opportunities to enhance their lives as those in wealthier areas of London."**

I have donated gifts to the annual appeal run by Canning Town charity Community Links and the Newham Recorder newspaper and hope others will do the same. The appeal has run for 39 years and this year needs to collect more than 18,000 toys to help more than 4,000 youngsters.

Spare a thought for those children who without this appeal would have no gifts this Christmas. If you are still shopping, it doesn't take much to add one more toy to the list when buying for your loved ones. Help if you can by visiting the appeal website at [www.community-links.org](http://www.community-links.org)

But it is not just at Christmas that every child matters and at a recent conference looking at the impact



Donating gifts to the appeal with Young Mayor Alex Jarrett, Councillors Lester Hudson and Forhad Hussain and children from the Arc in the Park playscheme

deprivation has on young people I vowed not to let the financial challenges facing Newham Council stop us from supporting young people to achieve their ambitions.

As we move into 2016 we will ensure all residents have the same opportunities to enhance their lives as those in wealthier areas of London.

Forty-one per cent of our households live in poverty and I remain 100 per cent committed to investing in the things that are making the biggest long term difference to people's lives. It is about getting to the real root of social deprivation, not simply managing poverty.

My vision is for a borough where

residents have the skills and resources needed to allow them to bounce back from whatever setbacks they face, so that ultimately they can thrive and achieve their potential.

I want an active and connected community – one where people get involved in sports, the arts and the wealth of opportunities coming from living in such a fantastic borough.

Once again, have a happy Christmas, but spare a thought for those who are working – the emergency and hospital services, the armed services and the council staff who are on hand to ensure we all have a safe and healthy time.



## Mayor's view

# Don't let ignorance make a difference

The world can sometimes be a scary and intimidating place, where difference and ignorance can lead to fear and isolation.

There has sadly been many examples recently where we have seen a small extremist minority express their views in spiteful war of words on social media, blogs and in the media, but also imposing their views by turning to violence and bloodshed – as near as two Tube stations away in Leytonstone.

No one wants to live in a world of fear and intimidation. In Newham we have spent many years trying to break down barriers and build a strong, united community.

**"By working together as a community in these difficult times we can share, develop and celebrate our common values of solidarity and mutual respect."**

Our consistent approach has been to treat everyone equally, regardless of background, religion or education. We've done this by providing funding for residents' events only if they are open for all to attend; we host events like the Mayor's Newham Show, Under The Stars and the Christmas lights switch-ons that are open to all; and through our Community Neighbourhood teams we

bring residents together to get to know their neighbours.

We work with our schools to ensure tolerance and understanding is shared amongst our youngest and potentially vulnerable members of society, while also working with our newest residents by running adult English courses to help them integrate and connect within their new home.

We are now working more widely to actively involve the borough's voluntary and religious communities. We are planning for a second faith conference to take place early next year to build even greater relationships and more common ground with our community.

We are also hoping to work with the borough's faith communities to help us support the Syrian refugees who are brought here to escape the devastating refugee camps.

What we will not do is alienate and ostracise those with differing views and beliefs to our own. We will work together to protect our neighbours and community so that we can live together in peace and not let the divisions of the world outside of Newham take root in our back yard.

By working together as a community in these difficult times we can share, develop and celebrate our common values of solidarity and mutual respect.



# with Sir Robin Wales

# Hampers get the party started

**Ballroom dancing, films and quizzes have been among the entertainment at Christmas tea parties organised for older residents who have received hampers from Newham Council.**

Almost 3,000 residents aged over 70 who live alone and on low incomes, have received the Christmas cheer, which is packed with treats and goodies.

Hundreds of residents took up the invitation to collect their hampers that parties hosted by the council's eight Community Neighbourhood teams at libraries and community centres. The parties gave people the chance to meet and get to know other recipients from their area.

Visitors to parties in Beckton and Royal Docks were able to enjoy a showing of the Christmas classic film It's a Wonderful Life while a Christmas carol sing-along was held at a party in Canning Town. Residents attending in Forest Gate took advantage of head, back and shoulder massages, while at East Ham people tested their knowledge in a fun quiz.

Children also wrote letters to those receiving hampers to wish them a Happy Christmas and these were handed out at

the tea parties.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "The idea behind the hampers is to spread Christmas cheer to some of our most vulnerable residents. The tea parties were a way to bring people together who may otherwise have been alone so they could meet new people and make new friends. I would like to thank all the sponsors, volunteers, council staff and local police officers who worked so hard to make it all possible."

The cost of the hampers was covered by donations from London City Airport, Aspers Good Causes Fund, Serco, Tesco, Lendlease and the Royal Docks Trust. There was additional support from the council's activity provider activeNewham. Tesco also provided refreshments for the tea parties.



**Residents were delighted to receive their Christmas treat. Here's what some of you had to say:**

#### **East Ham**

"We're lucky to live in Newham, as we get lots of free stuff, not like other boroughs."

Eileen Flack, 92, from East Ham had her hamper delivered. She said: "Thank you very much."

#### **Stratford**

"I am so grateful for the hamper. It makes me feel that I am still valued as a member of society and not forgotten."

"I have just lost a family member and coming to the tea party has given me a chance to speak to people who have advised me about various activities which I can join. It certainly helped me a lot."

The daughter of one resident said: "I wish other boroughs would do the same for the elderly who are lonely and in need."

"The hamper is the only gift I receive for Christmas and the tea party is the only social gathering for me. Now that I know how many activities are going on in the area, I will certainly attend. Tea dances sound wonderful."

#### **Custom House**

Doreen, 81, said: "Thank you ever so much. It is such a kind thing to do for us."

#### **North Woolwich**

Matilda Vassallo said: "I enjoyed the afternoon – lovely! I will come back to North Woolwich Library as it has a good community spirit."

Email your Community Neighbourhoods team on [community.neighbourhoods@newham.gov.uk](mailto:community.neighbourhoods@newham.gov.uk)



London Borough of Newham  
**COMMUNITY NEIGHBOURHOODS**



## Christmas and New Year revised refuse and recycling collection times

### Collection day

Monday 21 December  
 Tuesday 22 December  
 Wednesday 23 December  
 Thursday 24 December  
 Friday 25 December  
 Monday 28 December  
 Tuesday 29 December  
 Wednesday 30 December  
 Thursday 31 December  
 Friday 1 January  
 Monday 4 January  
 Tuesday 5 January  
 Wednesday 6 January  
 Thursday 7 January  
 Friday 8 January

### Collection day

Saturday 19 December  
 Monday 21 December  
 Tuesday 22 December  
 Wednesday 23 December  
 Thursday 24 December  
 Tuesday 29 December  
 Wednesday 30 December  
 Thursday 31 December  
 Saturday 2 January  
 Monday 4 January  
 Tuesday 5 January  
 Wednesday 6 January  
 Thursday 7 January  
 Friday 8 January  
 Saturday 9 January

Normal collections resume from Monday 11 January



To check recycling collection dates for your area please visit [www.newham.gov.uk/myneighbourhood](http://www.newham.gov.uk/myneighbourhood) and enter your postcode into the search. Please note that most recycling collections are now fortnightly.



# Save time when you do it online



Access information and services at a time that suits you, 24 hours a day, 7 days a week.

[www.newham.gov.uk/doitonline](http://www.newham.gov.uk/doitonline)

Parking permits, bin queries and bulky and garden waste collection service requests are now online only.



# DON'T WASTE CHRISTMAS

We all tend to generate extra waste at Christmas, but that means there is also more that we can recycle. It's important that we all do our bit to make a difference to our environment.

We should be recycling all year round, from cardboard packaging and paper to plastic bottles, food tins and drink cans, but try some of these tips for recycling over the festive season:

## Trees

If you choose a real Christmas tree, book a free garden waste collection in the new year. Remove lights and decorations first and visit [www.newham.gov.uk/greenwaste](http://www.newham.gov.uk/greenwaste)

## Food

Visit [www.LoveFoodHateWaste.com](http://www.LoveFoodHateWaste.com) for tips on avoiding food waste and what to do with left overs. You can compost some of your food waste at home. Visit [www.newham.getcomposting.com](http://www.newham.getcomposting.com) for details. Save your carrier bags for re-use or recycle them via in-store facilities.

## Cards

Don't throw away those Christmas cards and envelopes, recycle them.

## Newspapers

There will be bumper Christmas editions

full of TV guides and colour supplements to recycle.

## Jars

After you have tucked into Christmas jams, pickles or chutneys, bag up the jars and recycle them.

## Christmas tree lights

If they've had their day, don't bin them. These and other small electrical items are accepted at our reuse and recycling centre.

## Batteries

Many toys require batteries. Take used ones to the reuse and recycling centre.

## Wrapping paper and boxes

On Christmas morning, place old wrapping paper (the non-metallic kind) and boxes that contained gifts straight into your recycling collection.

## Partying

If you're having a Christmas or New Year's party make sure the fun doesn't go to waste by recycling your aluminium cans and glass bottles.

## Gifts

Don't throw any unwanted gifts away, donate them to a local charity. Hand and body wash plastic bottles you may have received as gifts can be recycled once used.

Most recycling collections are every fortnight. Newham Council will collect your recycling on the same day as your rubbish, but only every two weeks. Alternatively take your recyclables to the Reuse and Recycling Centre in Jenkins Lane, Beckton. For opening hours contact 0800 389 9918 or visit [www.recycleforyourcommunity.com](http://www.recycleforyourcommunity.com)

Also use recycling banks on streets around Newham. To find your nearest one visit [www.newham.gov.uk/myneighbourhood](http://www.newham.gov.uk/myneighbourhood) and enter your postcode.

# LIT UP BY CHRISTMAS CHEER

Santa is almost here and residents are getting into the festive spirit now that the Christmas lights have been switched on across the borough.

More than 2,500 people enjoyed singing carols, lantern parades, live music and visits to Santa's grotto at events in East Ham (1), Forest Gate (2), Upton Park (3) and Stratford (4).

Snow machines, face painting, arts and crafts, choirs of schoolchildren, and food markets were also among the activities and performances that entertained families.

Mayor Sir Robin Wales said: "It was heart-warming to see thousands of people enjoying the fun at the Christmas lights switch-ons. For me these events really mark the start of the festive season which is a time for friends, families and neighbours to come together."

More than 150 children took part in a lantern parade marking the first of the events in East Ham. The parade, which started and ended at East Ham Library, included pupils from St Michael's Primary School, Oliver Thomas Nursery School and Children's Centre, and Nelson Primary School.

The crowd were also treated to Zumba sessions and performances by the Nelson Primary and Young N Gifted choirs. Father Christmas, street entertainers, West Ham United mascots Bubbles and Hammerhead and characters from the Theatre Royal Stratford East's Robin Hood pantomime made guest appearances.

As the Mayor switched on the lights on the 25 foot Christmas tree, sponsored by Harding Brothers, the illuminations along East Ham High Street were also turned on.

Mince pies and mulled wine were on offer as Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning,

and fellow councillors, illuminated the Christmas tree near Maryland Station in Stratford.

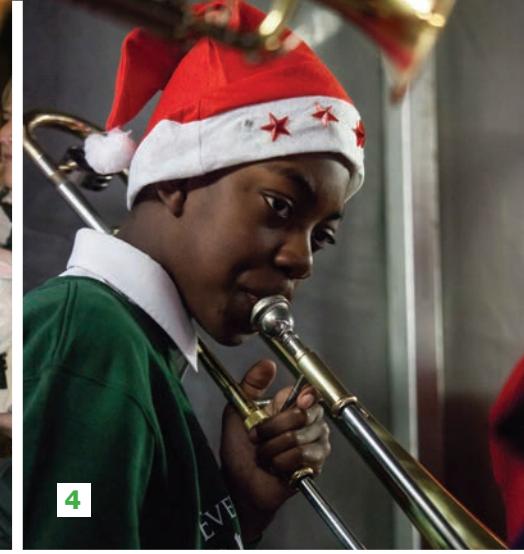
Newham's Every Child a Musician brass quartet entertained the crowds as Sir Robin switched on the lights in Meridian Square, Stratford. People were also treated to performances by the Young N Gifted Choir, Colegrave School and the Newham College all-stars. Children were also able to tell Father Christmas what they wanted for Christmas when they visited him in his grotto for the night in Stratford Library.

A choir of local schoolchildren and carol singers serenaded visitors when the Mayor switched on the lights in St Stephen's Parade, Green Street, Upton Park. Visitors were also able to enjoy face painting, a Bollywood Dance workshop, arts and crafts and the sounds of a bagpiper. The Mayor also switched on the lights at the nearby East Shopping Centre.

The switch-on of the Forest Gate tree lights at Woodgrange Market were marked by performances from the Forest Gate School Choir and Solid Harmony Vocal Collective Choir. Children made their own lanterns and took part in a parade as part of the event, which was held in partnership with Woodgrange Market.

Sir Robin added: "There were many highlights across all of the events, from the festive lantern designs used during the parades to the faces of the children when they saw Father Christmas. I am sure the lights will continue to add some Christmas cheer to the long winter nights and help to draw people to the local shops, bars and restaurants."





# Christmas cheer a

Amid the horrors of the World War I years, there were brief periods at Christmas that our troops hoped would be a time of relative peace. Many sent letters to Blighty or Christmas cards they'd made themselves. Some of these symbols of hope and thoughts of home can be seen at Newham Council's Archives and Local Studies Library in Stratford.

Copies of the December 1915 editions of the Stratford Express are available to view and copy. They are a remarkable window on events on the Front Line, publishing letters from soldiers written with typical East End humour. They also show just how much a letter, card, or photo of home, was a welcome pick-me-up.

## Soldiers' Appeals

**Corp B.J. Hunt**, No 17202, No 2 Platoon, A Company, 13th Essex Regiment, France, wrote: "I appeal to your readers for a football for the boys of No 2 Platoon.

We are bulleted in barns and have no amusement of any sort. I have the Stratford Express from home every week and the boys like to read it as most of them come from West Ham, including myself. The weather is cold and wet and a football would help keep us warm."

**Gunner Watts**, 49491, 74th Brigade, wrote: "Does any reader have an accordion which is of no use to him, but which would help us to pass the long winter evenings out here? The nights seem so long without anything to amuse us. I am an old Balaam Street schoolboy and have had the pleasure of meeting one

or two of them out here. I must close now as we are going to give the Germans their rations."

## Football behind the Firing Line

**Bombardier H. Hadley** of the Essex RFA wrote: "I thought the following account of a football match behind the firing line would interest your readers, especially as some of the combatants were Stratford boys. It was between 1st Essex Battery RFA and the 2nd Essex Battery RFA somewhere in France and



"CANNOT ST  
CIGA

"Please allow us, the 'Express,' to make known whether any of it, but we have had a very bitter winter, and any of them would be addressed to Driver's Battery, 85th Brigade, B.E.F., France. We cannot state a good English ones we cannot state

THREE BOYS

# mid horrors of war

was quite a fast game considering the conditions. It was very evenly contested and ended in a draw of three goals each. The boys are all very cheerful in spite of the cold and rain and often speak of the old Stratford Empire and Borough Theatre when they are having a sing-song round the camp fire."

## A Little Music Please

**Bombardier Brown** wrote: "On behalf of the 2nd E.A. Brigade Ammunition column I ask whether a few mouth organs and Jap fiddles could be sent here. We are billeted in a very dreary part of France and the monotony of the evenings is somewhat severe. To have a little music would greatly help to pass these evenings and I am sure the people of Stratford would only be too eager to help the Stratford boys in this respect."

## "Cannot stand" French cigarettes

**Three boys from East Ham** wrote: "We have begun to experience a very bitter winter and would be glad if readers would send us some comforts. We would also appreciate a good English 'cig' for these French ones we cannot stand."

## Germans "Good Turn" — West Ham Battalion's Fish Supper

**W.A.R.** from West Ham Battalion wrote: "Three of the Battalion's signallers were in the cellar of a ruined house on the banks of a canal. Heavy shrapnel shells were bursting near us. One came directly over our heads followed by a loud splash. We found dozens of dead or dying fish. The shell had gone right into the water and the shock had killed or stunned the fish."

We picked up enough and ten minutes later an odour was issuing from our dug out. Just fancy, fried fish in the trenches. Needless to say we passed a vote of thanks to the German gunner who put that shell into the canal. Also I should like to mention our appreciation of the kind efforts of the people of West Ham towards our welfare. The boys are looking forward to the Christmas mail with ill-disguised patience."

If you want to find out about the history of the borough and its people, email [archiveslocalstudies  
@newham.gov.uk](mailto:archiveslocalstudies@newham.gov.uk) or call 0203 373 6881.



# Are you 65 or over?

If you feel like you're getting a cough or a cold, get advice from your pharmacist before it gets more serious.

**STAY WELL  
THIS WINTER**

[nhs.uk/staywell](http://nhs.uk/staywell)



Sanjay Ganvir, Pharmacist

**G COMPANY 7 RIFLES  
COME AND MEET THE ARMY RESERVES  
TUESDAY EVENINGS 7.30–9.30PM**

Army Reserve Centre  
The Cedars, Portway  
West Ham E15 3QN  
020 8472 0140

Ages 18 to 43  
[7RIFLES-ROS0@mod.uk](mailto:7RIFLES-ROS0@mod.uk)



# Stay well this Winter

**Winter weather can have dramatic effects on everyday life, especially for those people who are already vulnerable because of age, illness or disability.**

All of us can take a few simple actions to help stay well in the months ahead, but more so if you have a long term health condition or are aged over 65. Try some of these simple steps from the National Health Service (NHS):



## **W – Warm**

Keeping warm can help prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression. Make sure you keep your house warm to at least 18°C (65°F). Stay active as much as you can. Wrap up warm inside and out by wearing lots of thin layers.



## **I – Immunisation**

Get your flu vaccination. The vaccine

is offered free of charge to people who are at risk, pregnant women, carers and some young children, to ensure that they are protected against catching flu and developing serious complications.

## **N – Neighbours**

Keep an eye on elderly neighbours and relatives.



## **T – Timely**

Seek advice from a pharmacist as soon as you start to feel unwell. They are fully qualified to offer advice and this can be the quickest way to help you recover and get back to normal.



## **E – Enough**

Make sure you pick up and have enough repeat prescription medicines before Christmas Eve because many GPs and pharmacies will close over the holidays.



## **R – Restock**

Food is a vital source of energy, which helps keep your body warm. Make sure you restock and have enough food in your home.



Councillor Clive Furness, mayoral adviser for adults and health, said: "Taking care of ourselves and our families is top priority at any time of year, but even more so now. If we follow these easy steps we may avoid the colds, sniffles and sore throats that are common at this time of year."

# Key to Christmas services

During the Christmas and New Year break most council services will be closed, but that doesn't mean you cannot stay in contact with us. Make sure you're prepared by finding out what services are changing and how you can access them.

## Do it Online

Some requests you make over the holiday period will not be picked up until the New Year, but online you can:

- > **Apply for resident and visitor parking permits – make sure you have enough for your visitors over Christmas**
- > **Apply for free bulky and green waste collections**
- > **Report anti-social behaviour including abandoned vehicles and fly-tips**
- > **Apply for new or replacement bins**
- > **Pay rent, Council Tax and other bills**
- > **View and bid for Choice Based Lettings properties**
- > **Check your rent and Council Tax balances and statements**
- > **Search for and renew your library items**
- > **Search and apply for jobs**
- > **View applications for building and planning**
- > **Apply for a landlord licence**
- > **Contact Mayor Sir Robin Wales**
- > **Check library opening times**

You can access information and services at a time that suits you, 24 hours a day, seven days a week, by visiting [www.newham.gov.uk/doitonline](http://www.newham.gov.uk/doitonline)

## Christmas and New Year opening hours

### Contact Centre

A reduced service will operate: 24 December, 9am to 6pm; 25, 26, 27, 28 December, closed; 29, 30, 31 December, 9am to 6pm (emergency calls only); 1 January, closed.

### East Ham Customer Service Centre, E6

East Ham Customer Service Centre in Barking Road, E6, will close at 5pm on 24 December and re-open on 4 January.

### Libraries

Libraries close at 5pm on 24 December and re-open as normal on 2 January.

### Community centres

Community centres will open as usual on 24 December and close from 25 December to 1 January.

### Markets

*Queens Market, E13:* Closed 25, 26 December, 1 January. Open on two extra days, 21, 23 December, 9am to 6pm. Will close at 5pm on 24, 31 December.

*Stratford Indoor Market, E15:* Closed 25, 26 December, 1 January. Open extra day, 20 December, 9am to 6pm.

*Stratford Outdoor Market, E15:* Closed 25, 26 December, 1 January. Open extra day, 21 December, 9am to 6pm.

*Pilgrim's Way Market, E6:* Closed 25, 26 December, 1 January.

*Woodgrange Market, E7:* Closed 26 December.

### Newham Register Office, E6

24 December, 9.30am to 3pm; 25, 26, 27, 28, 29 December, closed; 30 December, 9.30am to 4pm (death registrations only); 31 December, closed. 1, 2, 3 January, closed.

### Emergency burial service

If you need an emergency burial form during the festive period call 07801 244805 between 9am and 4pm on 25, 26, 27, 28, 29 and 31 December and 1 January.

### Rubbish and recycling collections

Revised collection dates operate from Monday 21 December to Friday 8 January. See the advert on page 10.

### West Ham Cemetery, E7

Cemetery office is closed from 25 December to 1 January. Grounds are open on 24 December, 9am to 3pm; 25, 26 December, 9am to 1pm; 27 December, 10am to 1pm; 28, 29, 30, 31 December, 10am to 3pm; 1 January, 9am to 1pm; 2 January, 9am to 3pm.

### Leisure Centres

*East Ham Leisure Centre, E6:* 23 December, 7am to 10pm; 24 December, 7am to 5pm; 25, 26 December, closed; 27 December, 8am to 5pm; 28 December 9am to 5pm; 29 December, 7am to 10pm; 30 December, 7am to 10pm; 31 December, 9am to 5pm; 1 January, closed; 2 January, 8am to 5pm; 3 January, 8am to 5pm.

*Newham Leisure Centre, E13:* 23 December, 6.30am to 10.30pm; 24 December, 6.30am to 3pm; 25, 26 December, closed; 27 December, 9am to 5pm; 28 December, closed; 29, 30, 31 December, 6.30am to 3pm; 1 January, closed; 2 January, 9am to 6pm; 3 January, 9am to 10pm.

*Balaam Leisure Centre, E13:* 23 December, 7.30am to 10pm; 24 December, 7.30am to 3pm; 25, 26, 27, 28 December, closed; 29, 30, 31 December, 9am to 5pm; 1 January, closed; 2 January, 9am to 5pm; 3 January, 9am to 5pm.

*Manor Park Fitness Centre, E12:* 23 December, 6.30am to 10.30pm; 24 December, 8am to 8pm; 25, 26 December, closed; 27 December, 8am to 8pm; 28 December 8am to 8pm; 29, 30 December, 6.30am to 10.30pm; 31 December, 6.30am to 8pm; 1 January, closed; 2 January, 6.30am to 10.30pm; 3 January, 8am to 8pm.

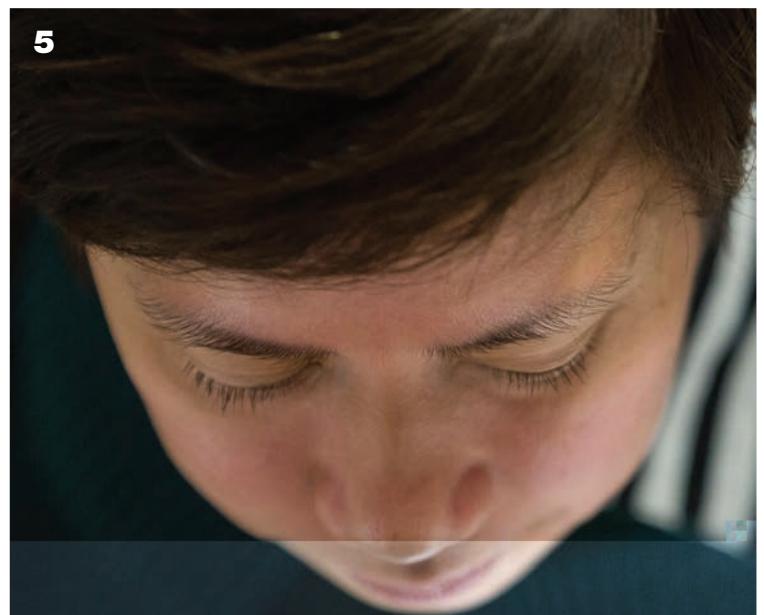
*activeNewham Customer Service Centre:* 23 December, 7am to 7pm; 24 December, 8am to 5pm; 25, 26 December, closed; 27 December, 8am to 5pm; 28, 29 December 8am to 7pm; 30 December, 7am to 7pm; 31 December, 8am to 5pm; 1 January, closed; 2 January, 7am to 7pm; 3 January, 8am to 8pm.

For all Christmas closure details visit [www.newham.gov.uk/Christmas](http://www.newham.gov.uk/Christmas)





# Newham in pictures



**1** Light of hope! Candles were lit during a vigil at Newham Town Hall, E6, in solidarity with people around the world affected by domestic violence.  
**2** Let it snow! Foam like snow got young people excited at the switching on of the Christmas lights in Stratford Library, E15. **3** Putting up the decorations! Youngsters put their art and craft skills to good use making decorations for the Christmas lights switch on in Forest Gate, E7. **4** It's #Santa! Selfies with Father Christmas were the order of the day at the Christmas lights switch-on party in Stratford. **5** Wake up smell the coffee! Visitors to the United in Coffee event at The Gate Library, E7, got to sample some rich aromas.

## Is your child due to start primary school in September 2016?

**Primary:** Children born 1 September 2011 – 31 August 2012

**Don't forget:**  
the deadline  
for online  
applications is  
**15 January 2016\***

### Apply online.

- It's **safe and secure**
- Automatically get entered into the **prize draw** to get help in buying your child's school uniform<sup>†</sup>

For more information about school admission:

[www.newham.gov.uk/schooladmissions](http://www.newham.gov.uk/schooladmissions)  
020 8430 2000

\*Only those that have previously registered on the admissions website are eligible to apply online.

<sup>†</sup>Prize draw terms and conditions: All online applications will be automatically entered into the prize draw. Only one entry per application. There is no charge for entering. There is no cash equivalent for the prize (vouchers will not be provided). Decision of the award of prizes by the council is final. Winners will be required to take part in PR and have their photograph taken.



## FreedomPass

### Applications and renewals for 2016

#### Information about new applications and passes due to expire on 31 March 2016

##### Disabled Persons Freedom Passes

Between November 2015 and January 2016 Newham Council will contact you with details of how to renew your Disabled Persons Freedom Pass so it is ready for April 2016. **You do not need to contact anyone at this stage.**

##### Older Persons Freedom Passes

You will be contacted by London Councils in January and reminded to apply online. **There is no need to contact anyone at this stage.**

If you don't have access to a computer then you can visit any of Newham's ten libraries to use a computer for free and receive support to get online. If you're unable to apply online then you can pick up a paper form from any of Newham's ten libraries from December.

##### More information

For more information or to find out if you're eligible for a Freedom Pass visit [www.freedompass.org](http://www.freedompass.org) or call London Councils on **0300 330 1433** (Monday to Sunday, 8am to 8pm).



# Eat, drink and be merry safely

We can all eat, drink and be merry over the Christmas and New Year party season, but by looking after ourselves, friends, colleagues and property, we can all enjoy the fun without risking our safety.

The London Ambulance Service and Metropolitan Police suggest some top tips to help us make the best of our nights out:

- > Before you go, plan how to get home. Find the nearest public transport to your party and check the time of the last bus or train.
- > Have the number for a reputable taxi company saved on your phone and book in advance. Share with a colleague or friend who lives close by.
- > Book a party somewhere that serves meals or snacks, or make sure you eat before you go out. Having a soft drink or water between alcoholic drinks slows the rate of your drinking. Stick to

**safer drinking levels. For women, the guideline is no more than two to three units a day. For men, it's three to four units a day.**

- > Before you go out, switch off your Christmas tree lights. Use timer switches to make it look as if someone is home. Don't display Christmas gifts in windows where they can be easily seen from the outside. Set your burglar alarm if you have one.
- > If you are driving some distance to see family or friends, check your vehicle's tyres and pressures. Tread depth should be at least above 1.6mm – the legal limit. Use an accurate gauge to confirm tyres are at the manufacturer's recommended pressure. Remove

**all valuables when you park up. Park under of near street lighting or in a secure car park.**

- > Keep your handbags or wallets safe and don't carry large amounts of cash. Be aware of who is around you when using your mobile phone.
- > Property mark gifts you receive and dispose of discreetly any boxes that may have contained expensive items.

If you think that you, or someone close to you, may have an alcohol problem then there is free advice and support available from Newham Rise. To find out more email [newham.referrals@cri.org.uk](mailto:newham.referrals@cri.org.uk) or call 0800 652 3879.



# Teacher who will be missed

"This place is like a family," said Claire as she looked back over her illustrious career. "Everyone is very supportive. The parents, children and staff are all lovely. I've learned an awful lot from the children as well as teaching them. The school has a lovely atmosphere and I'm sad to be leaving, but I'm ready for it."

Claire had always wanted to work in a Newham school because she had heard

so much about the borough while at training college. She said: "I was offered jobs in other places but wanted to come here. I love the diversity of the place."

After her interview with Newham's education bosses she was put into a pool of new recruits and allocated to Earlham Primary. "My first day was nerve wracking because you didn't get the support then that you do now," she said. "It was

basically here is your class, start. Also there was no prescribed curriculum in those days like we have now.

"I can remember walking through the gates for the very first time. It was the flatness of the roof of the building that first struck me. I walked down from Forest Gate Station along Earlham Grove. The road seemed to be going on forever. I thought it was a joke and that there

## > WORKING LIVES



**In July 1975 at the age of 21, rookie teacher Claire Kirby, straight out of training college, walked through the gates of Earlham Primary School in Forest Gate for the very first time. Now 40 years on, she is saying goodbye to pupils at the school for the final time.**

wasn't a school in it."

Her first set of pupils were 1st Year Juniors (Year 3 now) but she has taught all primary school year groups with the exception of the very youngest.

Claire said: "The nature of the job is totally different now. There wasn't the pressure on you then that there is now. There wasn't the same level of detailed planning and no formal assessments of

pupils' work like we have now.

"There were also no first name terms with the head teacher in those days. It was always Mr Freeman. He was my first head teacher and only the second head teacher at the school. It was very formal with him and I wouldn't dream of calling him by his first name John."

During her 40-year career Claire has taught more than 1,200 pupils. She

said: "I love it when children come back and see us. One who did so recently was Patrick Williams (better known as MC Rage) from the group Chase and Status. He was a pupil of mine but I don't think it was my music teaching that made him successful. I am also teaching now some of the sons and daughters of children I had taught previously, which is nice."

Earlham School has seen many structural changes during Claire's time there. She said: "The office where people now come in used to be the staff room and there are spaces that are now classrooms that were once cloakrooms. I love the new extension to the building, though the colours remind me of a supermarket shopping bag."

**"It's been a very happy time. I've enjoyed working with all the children. I've only ever wanted to do my best for them. I hope I've made it fun as well"**

Head teacher Laura Hewer is fulsome in her praise for Claire. She said: "Claire has been an excellent teacher and to sustain that all the way through her career has been remarkable. Her willingness to want to keep on learning and to keep on improving and teaching at the very highest standard is to be admired."

When she ends her full-time career Claire is looking forward to taking more walks in the country park close to her Essex home

She said: "It's been a very happy time. I've enjoyed working with all the children. I've only ever wanted to do my best for them. I hope I've made it fun as well. I'm taking so many good memories, but I've been told I can come back and help on school trips or with some supply teaching."



# What's on in Newham Now available

- Find out what's on your doorstep with a swipe of your finger
- Activities and events info for every member of the family
- Get the latest Newham event information delivered to your phone
- Free to download
- Available on Apple and Android software



©Newham Council Communications 03689

Visit [www.newham.gov.uk/communityevents](http://www.newham.gov.uk/communityevents)

# Catch up with indoor cricket

**With a chill in the air and fallen leaves on the ground most of us would put all thoughts of cricket out of our minds until at least the Spring. That would be a mistake.**

From Sunday 10 January Newham Cricket Club (NCC) will be running indoor weekly taster sessions at Newham Leisure Centre in Prince Regent Lane, Plaistow, for youngsters aged seven to 15.

The free sessions take place from 9.30am. Kits will be provided for boys and girls and instruction will be given by coaches who are professionally trained and have been security checked. Adult taster sessions will begin on 10 April also at Newham Leisure Centre.

**"We offer facilities that mean young players can aspire to play the game to a very high level."**

During the summer NCC offers competitive cricket for players aged from seven upwards with adult Saturday and Sunday teams and colts' teams at under-11, under-13, under-15 and under-19 levels as well as teams for fathers and over-50s.

All matches and summer training takes place at the club's headquarters at Flanders Field, Napier Road, East Ham, E6, where there are two cricket squares, three all-weather nets and a modern pavilion.

NCC President and Newham councillor Unmesh Desai said: "Working with the England and Wales Cricket Board, Essex County Cricket Club and Newham Council, we offer facilities that mean young players can aspire to play the game

to a very high level."

The club was re-established in 2008 at Flanders Field, where England and Essex stars Graham Gooch, Nasser Hussain and Ravi Bopara all cut their teeth.

Summer outdoor training for seven to 15-year-olds begins on 19 April at Flanders Field. Start time is 5pm for ages seven to 11 and 6pm for ages 11 to 15. Adults and young adults train on Thursdays at 6.30pm from 21 April.

NCC already has strong relationships with schools and further education institutions and works in partnership with the Chance to Shine charity to spread the power of cricket throughout the community.

**For more information visit  
[www.newhamcc.co.uk](http://www.newhamcc.co.uk) or email  
[newhamcricketinfo@gmail.com](mailto:newhamcricketinfo@gmail.com)**

**For details of all other cricket clubs in the borough and facilities that offer cricket visit [www.activenewham.org.uk/cricket](http://www.activenewham.org.uk/cricket)**



# let's get sugar smart



To find out how much sugar is lurking in your family's food and drink, download the Sugar Smart app today.



Search Change4Life



## Attention Parents!

Free early education  
For two-year-olds

Newham London



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Newham London



# END OF THE ROAD

# FOR SPEED DEMONS

**Petrol heads and speed demons who have been using roads and retail parks in around the docklands areas as their own private race track had better watch out - Newham Council is coming to put the brake on you.**

Councillors have introduced new powers that will crack down on drivers and bikers who have been racing, performing stunts and putting their lives and those of residents at risk.

The borough's first Public Space Protection Order means that those taking part or watching Fast and Furious-style street racing events in Beckton, Royal Docks and Custom House Wards, could be given a fixed penalty notice of £100. The order also bans motorcyclists cutting through Beckton District Park and New Beckton Park, and stops people illegally selling goods at the races.

Councillor Unmesh Desai, Cabinet member for crime and anti-social

behaviour, said: "These boy racers have been putting the lives of residents and other motorists at risk with their late night gatherings and races.

"Their behaviour is completely anti-social and unacceptable with their incessant revving of engines, booming music and screeching tyres. They perform reckless stunts that are dangerous and scary and they have been disturbing residents living nearby and those who visit local restaurants.

"The new powers give the council and local police the ability to take action instantly against these inconsiderate drivers and their hangers on. These types of events have no place in our borough

and I hope that with these new powers we will soon see the end of them."

Between April 2011 and September 2015 the council received 281 reports of vehicle nuisance or rowdy inconsiderate behaviour in the three wards. Residents who took part in a public consultation exercise supported the new powers.

Those who persistently breach the order or fail to pay the £100 fixed penalty notice could find themselves prosecuted and face a fine of up to £1,000.

If you want to report street racing in the three wards or anti-social behaviour in general call **0208 430 2000**.

# Boost for pedal power

A community group based in Manor Park have received a grant of £8,190 from Transport for London to encourage young people to take up cycling.

The Little Manor Play Project based at the Froud Centre in Toronto Avenue have benefited under the Cycling Grants London programme, a scheme managed by environmental regeneration charity Groundwork.

The grant will pay for cycling skills training for up to 180 children aged five to 12, and then take them on cycling adventures outside the centre during school holidays. It will also fund the maintenance and upkeep of the cycles.

Play worker Damien Plummer: "The grant will enable us to equip the children with a valuable life skill, build their confidence and promote a healthy, fun, and environmentally friendly activity that all the family can enjoy. We want them to become safer and more confident cyclists."



A Little Manor cyclist in action

## Student does the business

Student Roydon Higginson from Newham Sixth Form College (NewVic) based in Prince Regent Lane, Plaistow, has won a work experience placement with a top City firm after impressing judges with his business acumen.

He was one of 45 students from 13 schools and colleges across London battling for the title of Brokerage Business Champion of the Year in a competition hosted by international law firm Berwin Leighton Paisner (BLP).

The contest offered A-level students an opportunity to showcase their analytical and communication skills to top City employers.

While NewVic missed the team award, Roydon was offered a work experience placement with one of the participating firms because of his exceptional contribution throughout the event, held to address the need for relevant work experience for London students. Companies involved included BLP, Royal Bank of Scotland and the Bank of England.



Roydon, second right, with fellow winners

## Try out for orchestra

Young people aged 16 to 25 who already play musical instruments are needed to help form a new orchestra called the Newham Philharmonic.

The aim of the project by Newham Music is to offer accomplished young players opportunities to perform together across the borough and beyond under the guidance of a professional conductor.

Conductor Matthew Scott Rogers will lead Newham Philharmonic for its debut performances next April at the Barbican Centre and at Lister Community School in Plaistow.

The orchestra is currently recruiting young people who play violin, viola, cello, double bass, flute, oboe, clarinet, bassoon, French horn, trumpet, trombone or timpani to grade 8 standard or above.

Email [newham.philharmonic@newham-music.org.uk](mailto:newham.philharmonic@newham-music.org.uk) for more information. Auditions take place on **23 and 24 January at Lister Community School**.



## Chuba's on home turf

Arsenal soccer star Chuba Akpom dropped into his former school in Forest Gate to encourage students keep up with their academic and sporting studies.

Chuba, 20, left St Bonaventure's School in Boleyn Road, Forest Gate, in 2011 to begin his professional football career, but often calls in to see his former teachers.

Currently playing on loan Hull City, Chuba visited the school to chat to students and Chris Topping, the Head of Physical Education.

Mr Topping said: "It is always nice to see Chuba and hear how he's getting on in his career and see how it's developing. He is always very humble and he joined in with our PE lessons to give some very encouraging advice to our sixth form sports science students."

## River trips to continue



Residents will continue to enjoy boat tours around the waterways of Queen Elizabeth Olympic Park following the reappointment of Lee & Stort Boat Co as trip organisers.

It followed a competitive process by the Canal & River Trust and the London Legacy Development Corporation. Since August 2014, around 25,000 people have taken more than 1,000 trips from the Stratford Waterfront pontoon.

Mark Sillitoe, Lee & Stort Boat Co managing director, said: "We plan to increase the number of boats and trips during peak season while still offering discounts to Newham schools, groups and residents."

There are plans for a visitor centre, café, classroom and event space at the pontoon, and facilities for rowing, canoeing, and paddle-boarding. Trips costing £7 continue through the Winter at weekends on the hour between **12-4pm** subject to the weather. Call **0845 116 2012** or email [info@leeandstortboats.co.uk](mailto:info@leeandstortboats.co.uk) for details.



# Kids' corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING**  
**4TH FLOOR, NEWHAM DOCKSIDE**  
**1000 DOCKSIDE ROAD, LONDON E16 2QH**  
OR EMAIL THEM TO  
[newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

## GALLERY



Inaaya Abdullah, 9



Niladri Kar, 5



Saniya Alam, 8



Helene Sun, 6

## Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on.



## Jokes

What does Santa suffer from if he gets stuck in a chimney?  
**Claustrophobia!**

What do they sing at a snowman's birthday party?  
**Freeze a jolly good fellow**

What do you get if you eat Christmas decorations?  
**Tinsilitis!**

Who hides in the bakery at Christmas?  
**A mince spy**

Who is Santa's favourite singer?  
**Elf-is Presley!**

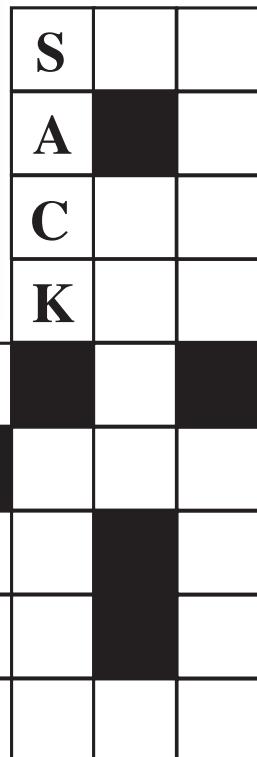
What do vampires sing on New Year's Eve?  
**Auld Fang Syne**

## Colour-me-in Wordfit



3 letters    4 letters

ATE	DOWN
COW	EWER
FEW	FELL
JOY	INTO
KIN	LEAN
LIP	OINK
OFF	OPEN
PRY	PINE
SAD	SLIP
SKY	SNOW
WON	YEAR



# WHAT'S ON?

Download our What's On app at [www.newham.gov.uk/neighbourhoodevents](http://www.newham.gov.uk/neighbourhoodevents)

## OUR THRILLING THREE...

1

**Ride Queen Elizabeth Olympic Park for free** – Sessions for over-50s on Mondays, 11.30am-1.30pm. Meet at entrance to Lee Valley VeloPark.

2

**International Lunch Club** – Mon 21 Dec, 12noon. Beckton C.C. E6. Cost £3 per meal. Enjoy the taste of food from around the world. First come, first served.

3

**Get your hands dirty** – at the free community garden club sessions at Abbey Gardens, Bakers Row, E15. Tuesdays, 1-3pm, Thursdays 4-7pm, Saturdays 10am-4pm.

## TRY SOMETHING NEW... THE SNOW QUEEN

Visit Newham's libraries to watch the exciting and imaginary tale that inspired the Disney movie Frozen. A Christmas themed performance by First Draft Theatre and Open Book Theatre, free for all ages. Mon 21 Dec, 11am, Beckton; 2.30pm, Green St; 6pm, Canning Town. Tues 22 Dec, 6pm, The Gate. Weds 23 Dec, 6pm, Stratford.



## FAMILY FILM NIGHTS

Free Saturday evening family film shows at East Ham Library, 328 Barking Road, E6, begin again after the Christmas break on Saturday 9 January from 5.30-7.30pm.

Grab your popcorn and drop in to enjoy the free movie. At the end of the film you will be able to help choose the film to watch for the following week.

Find out the full programme at East Ham Library by emailing [CN.eastham@newham.gov.uk](mailto:CN.eastham@newham.gov.uk)



### Indicates free sessions

Libraries unless stated

### UNDER-FIVES

#### **Toy Library**

Introducing toddlers to borrowing toys. **Thurs, 10.30-11.30am, Beckton**

#### **Storytelling**

**Mon 11am-12noon, Tues 10-11am, Beckton; Tues 10-11am, Thurs 2-3pm, Plaistow; Sat 11.30am-1pm, Green St; Tues, 10.45-11.30am, Canning Town; Thurs 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park**

#### **Stay and Play**

Support for parents and carers to develop their child through play. **Mon and Tues, 11am-12noon and Wed 11am-1pm, Sat 11.30am-1pm, Green St; Tues, 9.30-11.30am, Jeyes G.C; Tues,**

**10am-12noon, Grassroots**

#### **Music and Movement**

Sessions for parents/carers and children. **Mon, 10.30-11.30am, Grassroots**

**Baby Sensory Sessions**   
**(0-13 months)** **1st Thursday of the month 10-10.45am, Beckton**

#### **Board Games Club**

**Weds, 6-7.30pm, Manor Park**

#### **Family Movie Club**

**Fri, 5.30-7pm, Manor Park**

#### **Arts and Crafts**

**Thurs, 6-7.30pm, Manor Park**

**Reading Together** **Tues, 10.30-11.15am, North Woolwich**

#### **Rhyme Time**

**Tues, 10.30-11.15am, North Woolwich Library**

### YOUNG PEOPLE

**Board Games Club (7-13yrs)**   
Play chess, Checkers, Ludo,

Pictionary and more. Tues, 3-5pm, Green St; Sun, 1.30-2.30pm, Stratford

**Games Club (7-16yrs)** Sony PS3, XBox360, Nintendo Wii, board games and more. Mon, 3.30-5pm, Plaistow; Tues, 3.30-5.15pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Fri, 5-7.30pm, Green St (Wii only)

**Froud Young Project (7-16yrs)** Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C

**Arts and Craft Workshop (5-12yrs)** Mon 4-5pm, Sat 1-2pm, Green St; Tues, 4-5pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich

**Young Readers Club (7-12yrs)** Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

**Children's Movie Matinee (0-13yrs)** Sat 3.30-5.30pm, Green St

**Let's Start Sewing (7-16yrs)** Beginner sewing classes. Sat, 12noon-3pm, Woodman C.C. Woodman St, E16. Email [theteam@kefoundation.org.uk](mailto:theteam@kefoundation.org.uk)

**Spanish Club (7-14yrs)** Weds, 4-5pm, Beckton. Email [vane\\_macia@hotmail.es](mailto:vane_macia@hotmail.es)

**East Ham Youth Zone** Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

**Countries Culture Club** Weds, 5.30-6.30pm, Green St

**Kids Dance** Sat, 6-7.30pm, Green St

**Rosetta Art Workshop (5-12yrs)** Thurs 24 Dec, 11am-12.30pm, Canning Town

**Multi Games (6-12yrs)** Mon, 5-6pm, Green St

**Handwriting Practice** Tues, 4-5pm, Green St

**Interactive Learning** Tues, 5-6.30pm, Green St

**Family Movie Club** Free films for all the family. Sat, 4-5.30pm, Green St

**Time-2-Craft (16+)** Sat, 10-12noon, Stratford (term-time)

**Homework Club** Sat, 2-3pm, Manor Park

**Film Club 16+** Thurs, 1-3.30pm, North Woolwich

**Children's movie club (5+)** Thurs, 4-7pm, North Woolwich Sat, 4-6pm, Manor Park

**Cartoon Club** Free cartoon club for children and carers. Mon, 3-4pm and Weds, 3.15-5pm, Green St

**Festive Arts & Crafts (7-14yrs)** Fri, 3.30-4.30pm, Green S

**Family Craft Club (5-12yrs)** Thurs, 6-7.30pm, Manor Park

### ACTIVITIES AND SUPPORT



**Afternoon tea**

Weds, 4-5.30pm, Canning Town

**Chess Club**

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate

**Coffee Mornings**

Mon, 11am-12.30pm, North Woolwich; Tues, 10-11.30am, Beckton; Tues, 11am-12.30pm, Custom House; Thurs, 10.45am-12noon, Canning Town

**Do It Online (18yrs+)**

Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Tues 10am-12noon, Plaistow; Weds, 2-4pm, Stratford; Tues, 11am-1pm, Thurs, 11am-1pm, Green St; Tues, 10am-12noon, Katherine Road C.C; Wed, 10am-12noon, Plaistow; Mon, 1-2pm, Canning Town

**Knit & Natter (16yrs+)**

Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park

**ICT Surgery**

IT advice for all ages. Fri, 2-4pm, Canning Town

**Love Newham app**

**drop-in** Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

**ICT Drop-in Session**

Set up a My Newham profile and create an email account. Fri, 10.30am-12.30pm, The Gate; 10am-12noon, Green St; Weds, 10.30-12noon, Stratford

**Deafroots Deaf Club**

Including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email [angel@deafroots.org.uk](mailto:angel@deafroots.org.uk) or text on 07985 242778.

**Support in Action**

Thurs, 12noon-4pm, Jeyes C.C

**Get on Target Business Advice Surgery**

Tues, 12noon-2pm, North Woolwich. Call 07931 576 483 to book.

**SpEC Speaking English with Confidence**

Mon, 10-11am, Plaistow; Mon, 11am-12noon, East Ham; Weds, 10.30-11.30am, Manor Park; Weds, 11am-12noon, Canning Town; Weds, 11am-12noon, The Gate; Tues, 10.30-11.30am, Custom House; Weds, 10-11am, Beckton; Sat, 10am-12noon, Stratford

**Chai and Chat Women Group (18yrs+)**

For women who use mental health service. Weds, 10.30am-12.30pm, Plaistow

**Adult Reading Groups**

Sat, 12noon-1pm, Green St. Email [CN.GreenStreet@newham.gov.uk](mailto:CN.GreenStreet@newham.gov.uk)

**Rabbits Rd Institute**

**Conversation Club**

Thurs, 3-4pm, Manor Park

**Life in the UK Classes**

12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St

**Cake Decorating**

Weds, 10am-12noon, Katherine Road C.C. Call 020 8522 5772 to enrol.

**ESOL for Beginners**

Tues and Fri, 1-3pm, Plaistow; Tues 9.30am-12noon, Fri 9.30am-12.30pm, Jack Cornwell C.C; Weds and Thurs, 9.30-11.30am, Katherine Road C.C. Call 020 8522 5772 to enrol.

**ESOL for Absolute**

**Beginners** Weds, 9.30am-2pm, Katherine Road C.C; Weds, 10-11.30am, The Hub

**Let's Get Cooking**

A ten week cookery course. Free for over-16s. Weds, 10am-12noon, Jack Cornwell C.C.

**Safer Neighbourhood**

**Drop-in** Weds, 10am to 11am, Stratford

**Get Connected**

Bring your laptop, tablet or smartphone and learn how to make the most of your device. Tues, 1-2pm, Green St

**Sewing Class**

Weds, 10am-12noon, Beckton C.C. £2 per session.

**Newham Super Choir**

Tues, 10.30am-12noon, Beckton C.C

**Ballroom Dancing**

(18yrs+) Tues, 2-3pm, Beckton C.C (Free); Thurs, 2.30-4pm, Field C.C (Free); Fri, 8-9pm, Jack Cornwell C.C (£4)

**Interview Skills Practice**

Thurs, 5-6pm, Green St. Book a place by ringing 020 3373 0857 or email [CN.GreenStreet@newham.gov.uk](mailto:CN.GreenStreet@newham.gov.uk)

## **Let's Job Hunt**

Thurs, 6-7.30pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

## **Citizens and Advice**

**Sessions** Advice sessions on money management, energy saving and debt. Appointment only. *Mon, 11am-1pm, Manor Park*

## **Introduction to Newham Online Course**

Over 500 free courses. *Sat, 11am-12.30pm, Manor Park*

## **Basic Computer Skills**

*Fri, 10.30-12.30pm, Manor Park*

## **My Newham Workshop**

Register with My Newham and access council services. *Tues, 6-7.30pm, Manor Park*

## **English Conversation Club**

Practice your spoken English. *Mon, 6-7.30pm, Manor Park*

## **Together We Can**

Group for adults under 50 years who have had a stroke. *Fri, 11 Dec, 2-4pm, Plaistow Library*

## **Stratford London Toastmasters**

Public speaking & leadership club. *1st and 3rd Monday of each month from Dec, 6-8pm, Stratford*

## **Let's Get Crafting**

*Wed, 11am-1pm, Green Street*

## **Basic English for Beginners**

*Mon, Weds, Thurs, 10.30-11.30am, Green Street*

## **COMMUNITY ACTIVITIES**



## **Bumps and Babies**

**(up to 1yr)** A free home-based meet up, Weds, 1-3pm for expectant parents and those with babies. Email newham@nct.org.uk

## **Mums2be Meetup**

Information and support for expectant parents. *3rd Sat of*

every month, 10-11am. Email newham@nct.org.uk

## **Meet and Greet**

**Mums, Bumps and Babies** Fri in various cafes around Newham. Visit [www.netmums.com](http://www.netmums.com) or email [jojostevie@live.com](mailto:jojostevie@live.com)

## **Junior Volunteer Police**

### **Cadets (10-12 yrs, term time)**

Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

## **Senior Volunteer Police**

### **Cadets (13-17 yrs)**

Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

## **BOXING AND SELF DEFENCE**



## **Modern Arnis (16yrs+)**

*Tues, 5.15-6.15pm, Jack Cornwell C.C*

## **Boxing (Newham College)**

*Mon, 5-6pm, East Ham College, High St South, E6*

## **Fight For Peace Boxing**

Mon to Fri, 4-5pm 10-14yrs Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

## **Punch Out (16yrs+)**

*Fri, 4-5pm, Katherine Road C.C*

## **West Ham Boys ABC**

Mon, Wed, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13.

*Call 020 8472 3614*

## **Boxing and Self Defence (16+)**

*Tues, 5.15-6.15am, Jack Cornwell C.C*

## **HEALTH AND FITNESS**



## **Salsa Dancing (18yrs+)**

*Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C*

## **Nordic Walking**

*Wed, 9.30am. Meet at Field C.C.*

Not suitable for wheelchairs.

Call 07783 660 429; **Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13; Sun, 10-11.30am. Meet at East Ham Leisure Centre, E6**

## **Tai Chi Class**

**Fri, 10-11am, Beckton C. C. Fridays 10-11am**

## **Singing for Health**

**Church of God, E12. Tues, 1.30-3pm. Free to over-50s.**

## **Let's Yoga**

Cost £7.50 for 10 weeks, for 50+. **Mon, 10-11.30am, Beckton C.C. TT; Mon, 6-7.30pm, Green St, £1.00 to hire a mat or bring your own, class is free**

## **Zumba**

Registration essential. **Tues, 10.30-11.30am, £1pp, Field C.C; Mon, 9.30-10.30am, £3pp, Fri, 9.30-10.30am, £2pp, over 50s free, Jack Cornwell C.C; Thurs, 10.15-11.15pm, Stratford, £2.50pp (women's only), bodyshapefitness4@gmail.com; Fri, 12.30-1.30pm, over 50's (free), The Hub**

## **Tone-Tastic**

**18+ Mon, 2 -3pm, Weds, 9.30-10.30am, Field C.C.**

## **Unity Zumba**

**Mon and Wed, Lister Room, Town Hall, E6; Tues and Thurs, St Mark's Centre, E6. All 8-9pm. £5. Call 07886 884573**

## **50+ ACTIVITIES**



## **Get Active, Get Healthy**

### **- Walk to the Park**

*Mon, 10.30-11.30am, Manor Park*

## **Newham Striders**

Daily walking group. Call 0300 124 0123.

## **Bingo (50+ysr)**

**Mon, 12-1pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C**

## **ICCAN**

Faith based group with cultural activities. **Fri, 12noon-2pm, Jeyes C.C**

## **Active & Connected**

**Social group for gay and bi men. Last Thursday of each month. For info call 020 7791 2855**

## **Active Centre 50+ Group**

**Weds, 12noon-4pm, Field C.C**

## **Dominoes Group**

**Fri, 6-10pm, Field C.C**

## **Chair Based Yoga**

**Tues, 12.30-1.30pm, Manor Park**

## **Fifty Plus Men's Group**

**Tues and Thurs, 2-5pm, Katherine Road C.C**

## **Forever Young**

Enjoy community activities and make new friends. **Wed, 11am-1pm, Beckton; Wed, 10.30am-12.30pm, Field C.C.**

## **Pilates Classes**

**Tues, 9.30-10.30am, Field C.C**

## **Happy Living Club**

Indoor and outdoor activities for over 50s. **Tues and Weds, 1.30-5.30pm, Jeyes C.C**

## **Holiday Spanish Club**

**Wed, 12.30-1.30pm, Manor Park**

## **Exercise for Fitness**

**Thurs, 10.30-11.30pm, Manor Park**

## **Walking Football**

**Tues, 10-11am, Priory Park E6 1QH. For more information email dgheerawo@westhamunited.co.uk or call 07803 210 299.**

## **Soca Aerobics**

**Fri, 3-4pm, Grassroots C.C.**

## **Age UK East London**

**Nordic Walks (18+) Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13 Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20. Call 07989 938 242**

## **Young at Heart Bingo**

**Club Mon, 12noon-4pm, £1. Jeyes C.C**

## **Ballroom Dancing**

**Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £4. Call 07761 209 463**

**Steel Pan Music Therapy**

For people with learning and physical disabilities, Dementia and stroke. Fri, 12-2pm,  Beckton C.C

**Tai Chi Class** 

Fri, 11-12noon, The Gate

**Zumba & Indian Dance**

Designed for 50+ but all ages welcome. Fri, 12noon-1pm, Jeyes C.C.

**GREEN****Green Gym** 

Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

**Green Volunteering** 

Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

**Garden Club** 

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

**Gardening Thymes** **Gardening Club**

Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

**Grow Together Be Together Community** 

**Gardening Club**  
Wed, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

**Caravanserai Garden Volunteering**

Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

**Community Gardening** 

Tues, 10am-12pm, Beckton C.C

**DOORSTEP CLUBS**

Call 0300 124 0123. unless otherwise stated.

**Athletics Club (14yrs+)**

A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham

Leisure Centre, E13. Call 07718 394 756

**Gym & Basketball (14yrs+)**

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

**FEMALE SPORTS****Basketball Sessions** 

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

**Dare2Dance (12-16yrs)** 

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

**Female Boxfit (14yrs+)** 

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

**Girls Football (11-16yrs)** 

Tues, 4-5.30pm and Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

**Girls Group Cycling (11-15 yrs)**

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

**Just Play (14yrs+)** 

Wed, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

**Women's Martial Arts (16yrs+)** 

Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250

**Female Only Gym Sessions**

Mon, 3-4pm, 16-25yrs. Mon and Wed, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

**Get Back into Netball** Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529

**Abs Blast (11-15yrs)**

Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

**Female Only Zumba**

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292 902

**SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE** **Ability Club (14-25yrs)** 

Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13

**Athletics (8-18yrs)** 

Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

**Get Fit for Free** 

Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

**Sensory Play (U5yrs)** 

Wed, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

**Swim for Families** **Dealing with Autism**

Wed, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

**Support In Action (18yrs+)**

Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C

**Family Swims**

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

**RUNNING****Beckton Park Run**

Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

**Run England**

£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track).

Mon, 4-5.30pm, Newham

Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394 874.

**West Ham Park Run** 

Sun, 11am. Meet at Central Park Keepers Lodge, E6. Call 020 8257 4505

**East End Road Runners**

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

**SPORTS**

**Indoor Tennis** Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email michelle.daniel@activeNewham.org.uk

**Fencing with Newham Swords**

Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898

**Cricket (14yrs+)**

Tues, 6-8pm, Newham Sixth Form College, E13. Call Ratheesh on 07476 269 226

**Lister Table Tennis****Satellite Club (11-25yrs)**

Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call Shiri on 07888 830 179

**Indoor Cricket (8-16yrs)**

Wed, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

## Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

## Ramgharia Badminton Satellite Club (11-25yrs)

Weds, 6.30-8pm, Newham Sixth Form College, E13. £2. Email ramgarhia.bc@gmail.com

## Newham and Essex Beagles Athletics Club

Mon and Wed, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Wed, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessessexbeagles.co.uk

## BMX (6-16yrs)

Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

## Mini Tennis Courses (4-16yrs)

Tuesdays: 4-5pm, 5-6pm, East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Thursdays: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD. Saturdays: 4-5pm, 5-6pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sundays: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741293513

## Adult Tennis (16+)

Saturdays: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sundays: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741293513

## FOOTBALL



### AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

### Football and Athletics

Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

### Football & Multi Sports

Mon, 4-5.30pm, Newham Leisure Centre, E13. Wed, 5-6pm, Stratford MUGA, West Ham Ln, E15

### Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

### Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

### WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rector Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

### Ascension Football

Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

## BASKETBALL



### Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

### Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rector Rd, E12

### National League

Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure

Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

### NCFE Sports - Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

### Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

### Youngbloods Basketball

All sessions cost £1. All at St Angela's School, E7, unless stated. U12yrs, mixed, Sat, 1-3pm, East Ham Leisure Centre, E6. U13/14yrs boys, Mon, 6-8pm and Wed, 4.30-6pm. U13/14yrs girls, Mon, 4.30-6pm and Wed, 4.30-6pm. U15/16yrs boys, Tues, 6-8pm. U17/18yrs boys, Mon and Wed, 8-10pm Call 07958 307 657

## COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated

**Tues, 5 Jan, 6.30pm,** Newham Partnership - Health and Wellbeing Strategic Reference Group

**Fri, 8 Jan,** 8am, Development Control Members' Forum, Newham Dockside, 1000 Dockside Road, E16 2QU

**Mon, 11 Jan, 7pm,** Health and Wellbeing Board

**Tues, 12 Jan, 7pm,** Health and Social Care Scrutiny Commission

**Thurs, 14 Jan, 5pm,** Cabinet Mayoral Proceedings

## CONTACT THE MAYOR

### No walk-in or telephone surgeries in December

You can contact the mayor by email: mayor@newham.gov.uk Or write to: The Mayor of Newham, 1000 Dockside Road, London E16 2QU

## CONTACT DETAILS

### LIBRARIES & COMMUNITY NEIGHBOURHOODS

**Beckton Globe** 1 Kingsford Wy, E6

**Canning Town** Barking Rd, E16

**Custom House**

Prince Regent Ln, E16

**East Ham** 328 Barking Rd, E6

**Green Street** 337-341 Green St, E13

**The Gate** 6-8 Woodgrange Rd, E7

**Manor Park**

685-691 Romford Rd, E12

**North Woolwich**

5 Pier Parade, E16

**Plaistow** North St, E13

**Stratford** 3 The Grove, E15

**Archives and Local Studies**

020 3373 6881

**Community Outreach**

020 337 30813

### LEISURE & SPORTS VENUES

**Balaam Leisure Centre**

14 Balaam St, E13

**East Ham Leisure Centre**

324 Barking Rd, E6

**Newham Leisure Centre**

281 Prince Regent Ln, E13

**NewVic** Prince Regent Ln, E13

**UEL SportsDock** Docklands Campus, University Wy, E16

### COMMUNITY CENTRES (C.C.)

**Beckton Community Centre**

14 Manor Wy, E6, 020 7511 1214

**Field Community Centre**

147 Station Rd, E7

020 8536 2800

**Grassroots Centre** Memorial Park, Memorial Ave, E15 020 3373 0650

**The Hub** 123 Star Ln, E16

020 3373 0750

**Jack Cornwell Community Centre** Jack Cornwell St, E12 020 8553 3459

**Jeyes Community Centre** 1 James Cl, E13, 020 8548 9788

**Katherine Rd Community Centre** 254 Katherine Rd, E7 020 8548 9825

**St Mark's Community Centre** 218 Tollgate Rd, E6 020 7511 1214

**Vicarage Ln Community Centre** Govier Cl, E15, 020 8519 0235

**The Well Community Centre** 49 Vicarage Ln, E6, 020 7586 7070

# Fostering

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and **ROBERT HYMAN**  
Directed by  
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